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NEWS  
WORTH  
SHARING.FRIENDSHIP NOT  
WHAT IT ONCE  
WAS: SURVEYONCE BORDERING OFFICIAL  
BFF STATUS, CANADA SEEMS  
TO NOW BE DRIFTING APART  
FROM FACEBOOK **PAGE 11**A road that  
goes both waysCoun. Evan Woolley would like  
to see one-way routes  
changed to two-way traffic  
**PAGE 6**Dennis Rodman  
back in N. KoreaFormer NBA player hopes to build  
connections with the country  
through 'basketball diplomacy' **PAGE 9**

## SEEKING SASQUATCH

TV's Survivorman, Les Stroud, teamed up with well-known Calgary Bigfoot researcher Todd Standing  
in a new series. Standing claims this is one of few credible photos of the hairy, primate-like species  
roaming Alberta. See story, page 4. COURTESY TODD STANDINGAlberta living  
off last batch  
of flu vaccines**Supply.** Health officials  
said smaller vaccine  
shipments may be  
available next weekAlberta snagged the very last  
batch of flu vaccinations on  
the planet and it's unclear  
when — if ever — more is  
coming, the province's top  
doctor said Wednesday.And with flu-fearing Al-  
bertans flocking to public  
clinics, the province expects  
its current supply to be de-  
pleted by Friday."Vaccine supplies are lim-  
ited," chief medical officer of  
health Dr. James Talbot told  
reporters. "We can predict  
that they will be mostly out  
by the end of this week."Earlier this week, Alberta  
was provided with 65,000doses of the vaccine from an  
Italian manufacturer.To date, about one mil-  
lion Albertans — about one  
in four — have been vaccin-  
ated against influenza at a  
cost of \$7.8 million to the  
province.By the latest Alberta  
Health count, Calgary has  
had 456 lab-confirmed cases  
resulting in five local deaths.  
Most cases are reported to be  
the H1N1 strain of influenza  
— albeit a more tolerable  
version than the 2009 pan-  
demic that killed more than  
70 Albertans.Talbot termed this year  
"a normal flu" season, al-  
though the peak is expected  
to hit later this month or by  
early February."Every flu season, health  
systems are stressed, hospi-  
talization increase, ICU beds  
go into short supply and un-fortunately, some Albertans  
die," he said.As the supply of vaccine  
dries up, Talbot said the  
province is eyeing the next  
phase of flu prevention and  
officials will be promoting  
hand-washing and home rest  
when feeling ill."These are the kinds of  
things you can do to slow  
down transmission, prevent  
transmission and make sure  
there isn't any stress on the  
health-care system."Health Minister Fred  
Horne said while there are  
still injections available, Al-  
berta Health Services will  
be operating immunization  
clinics throughout the pro-  
vince."We expect the remaining  
supply will take us through  
this week so those clinics  
are expected to operate," he  
said. LEAH GERMAIN/METROBRIDAL  
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Human Services

## Minister promises changes to reporting foster-care deaths

Alberta's Human Services minister says he's committed to changing laws so more information can be released on the deaths of children in foster care.

Manmeet Bhullar said Wednesday he also wants changes to allow parents to be able to speak out when one of their children dies while in a ward of the province.

"This is something that needs change," Bhullar told reporters. "I'm not a fan of the way the law sits today."

Those plans include a round-table discussion of experts on Jan. 28 and 29 to look at improving the way foster deaths are investigated and reported.

The government revealed Wednesday that another four children died in the latter half of last year and another child died over the weekend, bringing the total number to 150.

"Every single child, in care or not in care, deserves to be honoured and respected. The way to honour and respect them is to make sure that their story is learned from and told and we make progress and change based on that," he said.

The government also released data on the deaths of 592 other children who received government aid since 1999, but were not wards of the province when they died.

THE CANADIAN PRESS

## Infanticide. Crown seeks longer sentence for mom

The Crown wants a Calgary mother who tossed three of her newborn children into the garbage to spend another 8 to 9 years in prison.

Meredith Borowiec gave birth to infants in 2008 and 2009 and their bodies were never found. A third child born in 2010 survived.

Borowiec, 32, was found guilty of two counts of infanticide and she pleaded guilty today to aggravated assault in the third case. **THE CANADIAN PRESS**



Meredith Borowiec  
THE CANADIAN PRESS

## Power line. Officers reviewing duck deaths

Provincial wildlife officers are investigating the death of a flock of ducks found underneath electricity transmission lines near Pincher Creek in southern Alberta.

AltaLink, the owner of the line, says it has also sent a team of experts to the area to see what happened.

Scott Schreiner, a company spokesman, says AltaLink reported the bird deaths to the province and is considering installing devices

on the line to make it more visible to birds.

There was no immediate information on how many birds died.

A government official says large numbers of ducks and geese frequent the area because of a nearby reservoir and large grain fields where the birds feed.

An official says the birds may have hit the line in bad weather in reduced visibility.

THE CANADIAN PRESS

# City to cut the ruts and show snow where to go

**Watch for signs.**  
Temporary no-parking notices will go up in some communities



ROBSON  
FLETCHER  
robson.fletcher@metronews.ca

Calgary put its rut-reduction and snow-removal plan into action Wednesday and posted an interactive map online to show residents when they can expect their streets to be tackled.

Crews completed work in a half dozen communities by Wednesday afternoon, according to the map, including Saddleridge in the northeast, but it's not like streets there are now smooth and clear, said area resident Dan Walker.

"If Saddleridge is complete, I hope everyone in Calgary doesn't set their expectations

### Accumulation

## \$240K

The daily cost of the city's new plan to smooth roads and remove snow

too high, because they're going to be disappointed," Walker said, adding that ruts two to three inches high still remain.

Still, he said, that's better than it was before.

"My (Dodge) Caravan kept bottoming out on the road, because the ruts were so deep," he said.

McKenzie Lake resident Karen Durrie checked the online map and was shocked to see her area isn't scheduled for service until the week of Jan. 20.

"I clicked on it and was like, 'Are you freaking kidding me?'" she said. "I assumed we were going to be a higher pri-



A screenshot of the interactive online map that outlines the city's snow-removal plans. The brown lines depict completed roads. COURTESY CITY OF CALGARY

ority."

Durrie thought the fact that so many recent 311 snow complaints came from the southeast would have meant quicker service.

The nearby community of Copperfield is to see snow ac-

tion this week, she noted, but immediately to the west, New Brighton isn't set for service until the week of Jan. 27.

You can find a link to the map by searching "Snow and Ice Control Update" at Calgary.ca.

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## Alleged drunk drive

## Man succumbs to New Year's injuries

A man injured in an alleged drunk drive on New Year's Day has died. Francis Pesa, 20, sustained his injuries in a crash in the 9600 block of Metis Trail N.E.

Kulwinder Singh Chohan faces the possibility of upgraded charges. **METRO**

## TONTO

## Huge synth finds home in Calgary

The owner of the world's largest music synthesizer needed a place for it to live beyond his years. He chose Calgary. The soon-to-be-built National Music Centre will acquire The Original New Timbral Orchestra (TONTO) from inventor Malcolm Cecil. **METRO**



One part of The Original New Timbral Orchestra. COURTESY NATIONAL MUSIC CENTRE

## Tons of tips

## January is Crime Stoppers month

Celebrating the 3,100 tips delivered to Calgary Crime Stoppers in 2013, January was proclaimed Crime Stoppers Awareness month.

The group pays cash rewards for tips leading to an arrest in a police case. **METRO**

## Flood recovery

## Samaritan's Purse seeks volunteers

The Samaritan's Purse in Calgary is looking for a wide range of volunteers of all skill levels to help with their Southern Alberta Restoration Project. They're hoping to lend a hand to those having trouble recovering after the June flood. **METRO**

## Fresh face. Minister aims to cool campus discourse

Alberta's head of higher education has picked up a proverbial hot potato in his new portfolio — but Dave Hancock aims for “informed, polite” talk over campus affairs.

In a recent cabinet shuffle, Hancock was named Premier Alison Redford's fourth advanced education minister since she was elected leader 27 months ago.

The veteran politico takes the helm from Thomas Lukaszuk, who was often the target of social-media scorn after a nearly 10 per cent swing in promised provincial funding in the March 2013 budget.

Asked about the outspoken critics of his predecessor, Hancock contended there's nothing wrong with “good disagreements.”

“You're not always going to agree on everything, but having those rich discussions in an informed, polite way really enhances the decision-making process,” he said.

To that end, Hancock said he plans to continue quarterly meetings with students, along with visiting faculty, staff and administrators on campus.

Mount Royal University professor Bruce Foster was often at the opposing end of Twitter wars with Lukaszuk and suggested Hancock move away from the “dismissive and churlish” attitude of the former sector head.

“The first thing he has to do is rebuild some trust,” Foster said Wednesday. “Mr. Lukaszuk had very little respect for the institutions and vice-versa once we got a sense he was the premier's pit bull.”

**BRYAN WEISMILLER/METRO**

# Bird flu not a risk, say local health officials

**H5N1.** Alberta woman the first bird-flu death in North America

LEAH GERMAIN

leah.germain@metronews.ca

An Albertan woman died this week after contracting bird flu while out of the country, but health officials say the public needn't worry.

Though first thought to be a case of H1N1, officials discovered the woman was infected with the avian flu on Tuesday, four days after she died.

“Other Albertans are not at risk,” Health Minister Fred Horne said Wednesday.

“The avian flu is not easily transmitted through people, and I want to emphasize it's not the same virus that is present in seasonal influenza that Alberta has been providing vaccinations for.”

After returning from a trip to Beijing on Dec. 27, the woman was admitted to hos-

## Need to know

- Health authorities say there are no signs of illness among the patient's contacts or the workers who cared for her in Edmonton.
- The virus doesn't spread from human to human — but scientists are unable to tell if it will evolve and acquire that ability.

SOURCE: THE CANADIAN PRESS

pital on Jan. 1 and died Jan. 3 from inflammation of the brain and brain lining.

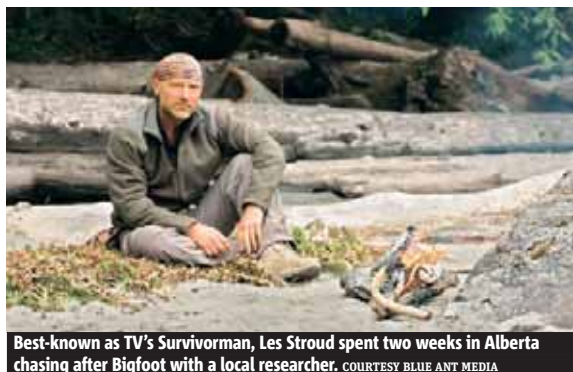
“I expect that with the rarity of transmission and the additional precautions taken, there will be no more cases in Alberta,” said Dr. James Talbot, Alberta's Chief Medical Officer.

Alberta Health assures there will be heightened awareness for anyone who presents certain symptoms and has travelled to China.



Nurses collect blood samples at a specialized fever clinic inside the Ditan Hospital, where a Chinese girl was being treated for the H7N9 strain of bird flu, in Beijing on April 14, 2013. ANDY WONG/THE ASSOCIATED PRESS FILE

## Bigfoot believer sells Survivorman on Sasquatch — sort of



Best-known as TV's Survivorman, Les Stroud spent two weeks in Alberta chasing after Bigfoot with a local researcher. COURTESY BLUE ANT MEDIA

Bigfoot hunter Todd Standing has pitched many skeptics on the legendary primate, but perhaps none tougher than Survivorman.

For two weeks this past fall, Standing and TV's Les Stroud combed the deep brush in the Kootenays and a central Alberta hamlet in search of the elusive beast for a new series.

On a promotional tour stop in Calgary this week, Stroud called Alberta one of the “hottest spots in the world” to chase the hominid-

## Indisputable proof?

“It gets to the point where (Survivorman) looks at me and says, ‘That's real.’”

Local Bigfoot hunter Todd Standing, on evidence found with TV's Les Stroud.

like creatures.

Asked about the experience, the Canadian survival expert played coy over what viewers will see when the final two episodes air this March.

“Evidence of what? Evidence of things that could be

argued about whether or not they're tracks of an unknown species, or are they simply tracks of a big bear,” Stroud told Metro.

“I saw lots of things like that.”

Stroud has garnered fame for trekking through remote

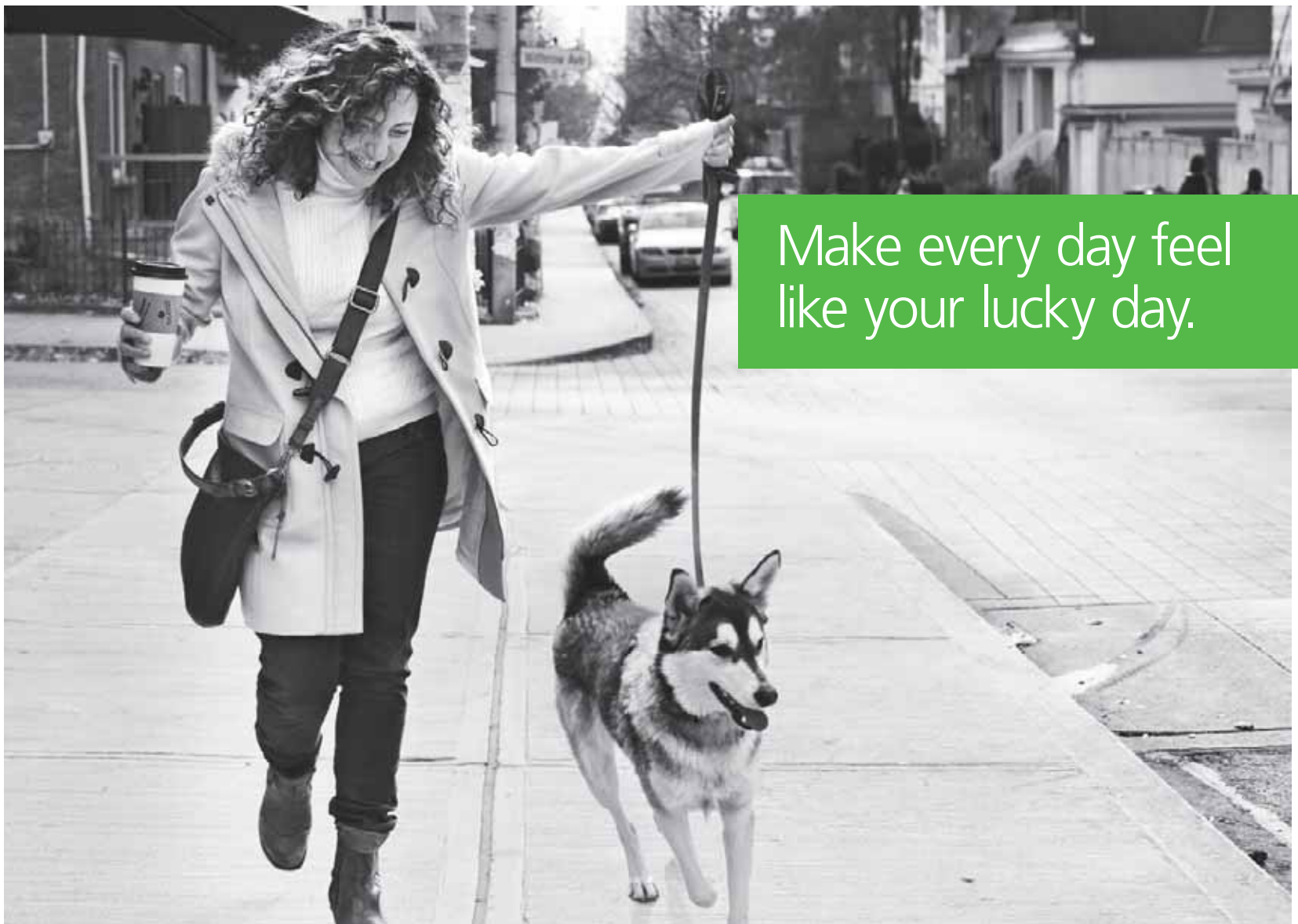
corners of the world, armed with only a video camera and keen set of survival skills.

And Standing confirms the tough-as-nails Survivorman is “the real deal” following their trailblazing expedition.

While careful not to leak any show secrets, Standing claims there were sightings to back up what he's asserted for a decade.

“It gets to the point where he looks at me and says, ‘That's real.’”

**BRYAN WEISMILLER/METRO**



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## Alleged victim from Hinton. Police arrest man following child-porn investigation

Police in Alberta say they have charged a man and rescued a four-year-old girl following a child-pornography investigation.

The Alberta Law Enforcement Response Team's Internet Child Exploitation unit says the case involves a girl from Hinton and a 52-year-old man who was arrested last month at a work camp.

Kenneth McKinley faces sexual assault, sexual interference and child pornography charges.

He was to appear Wednesday in Hinton provincial court.

The team that worked on the investigation is made up of RCMP, Edmonton police and other law enforcement officials.

RCMP Sgt. Mike Lokken

### Tip from Ottawa

RCMP Sgt. Mike Lokken says police began investigating after receiving a tip from the RCMP National Child Exploitation Centre in Ottawa about images that suggested that the girl was being abused.

said the suspect is not related to the girl and she is safe with her family.

"We have been able to identify a young victim of child exploitation and hold the person who was allegedly doing it accountable so this doesn't happen to her again," he said.

THE CANADIAN PRESS

### No injuries reported

#### Fire crews respond after accidental CO2 blast at treatment plant

Calgary fire crews were called out Wednesday morning after a reported large release of carbon dioxide at the Bearspaw water treatment plant.

Firefighters arrived to find 12 workers had left the plant after the CO2 was released into the plant accidentally during the routine maintenance of the plant's fire suppression system.

The CFD Hazmat team ventilated the building and the CO2 dropped to safe levels.

No injuries were reported. **METRO**

### Cause being probed

#### Two injured in northeast kitchen fire

Two people received minor burns to the hands and feet after fighting a kitchen fire in northeast Calgary early Wednesday.

Firefighters responded to the call in the 6700 block of 26 Avenue N.E. When crews arrived the homeowners had already put the fire out. EMS treated the two occupants and then transported them to hospital.

According to officials, the blaze caused extensive damage to the kitchen and smoke damage throughout the entire home. The cause of the fire is still under investigation. **METRO**



Traffic on 11 Avenue currently flows in one direction only, but Evan Woolley, city councillor for Ward 8, thinks the city should consider changing it and 12 Avenue to two-way traffic. ROBSON FLETCHER/METRO

# Woolley wants core-area avenues to go both ways

### Two-way conversions.

Councillor says Tampa, Dallas, Denver, Vancouver and Minneapolis have had 'really positive experiences'



ROBSON FLETCHER  
robson.fletcher@metronews.ca

He knows it will be unpopular with some drivers who use 11 and 12 Avenues as thoroughfares, but Coun. Evan Woolley would like to see those one-way routes changed to two-way traffic.

### Keeping it moving

"It's about taking a holistic approach to building great neighbourhoods without losing sight of the fact that we need to move people in and out of downtown."

Coun. Evan Woolley, on changing one-way streets to two-way traffic.

"I kind of expect people to kick up quite a fuss about this," the Ward 8 city councillor said Wednesday. "But we need to be thoughtful and we need to have these conversations about making changes in the city as our neighbourhoods change."

Woolley said many other North American cities have been changing core-area roads to two-way traffic because it's

better for small businesses and for area residents.

Sunalta Community Association president Nick Twyman is supportive of the idea, saying it would make the avenues "more livable" for area residents and "less like free-ways through our neighbourhood."

David Low, executive director of the Victoria Park BRZ, said there's plenty of data that

suggests retail shops and restaurants do better on two-way streets.

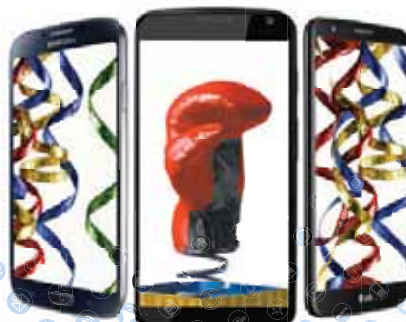
"People generally drive slower, there's more opportunity for people to engage with at-grade businesses," he said. "It's a pretty universally demonstrated principle."

Calgary Downtown Association executive director Maggie Schofield agreed that two-way routes are generally better for business, but added that there are other concerns to consider.

"It's a very tight balancing act, because you need to move traffic, and those are major traffic access points," she said. "If I was making a decision on it, I'd sure like to see some traffic-flow patterns."

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## Ontario

## Senior found after snowstorm

A 70-year-old Leamington, Ont., man who disappeared during a snowstorm on Monday has been found alive.

John Friesen and his pickup truck were found Tuesday after he spent a night and much of the next day buried in a snowdrift in frigid temperatures.

Police say he was conscious but suffering from extreme cold.

CKLW/THE CANADIAN PRESS

## Pennsylvania

## Pills on order from pizza shop

A pizza shop in Ligonier, Penn., has been delivering medicine and other supplies to ill and elderly residents so they don't have to go outside in the cold.

Tom Wynkoop, owner of Fox's Pizza Den, tells WPXI-TV he tweeted his offer because his community has a lot of elderly residents.

THE ASSOCIATED PRESS

## Kosovo. Severe winter drought leaves drinking water in short supply



A boat lies stranded on the shores of the Batllava artificial lake in northern Kosovo on Wednesday. VISAR KRYEZIU/THE ASSOCIATED PRESS

In 2013, winter brought heavy rains and flooding to Kosovo. The year before that, it was blizzards and snow drifts. Now it's a drought.

An official said Wednesday that some 400,000 people in and around Pristina, the capital, could face reduced supplies of drinking water, given a dramatic fall in the levels of the two artificial basins they get it from.

Arieta Mjeku, a spokeswoman for the regional water supply company, said strict reductions must be imposed if the winter drought continues. Mjeku said some areas are already on limited water supply.

Mid-January could bring much-needed snow, but the receding waters in the two lakes have exposed large sections of cracked, dry earth.

THE ASSOCIATED PRESS

## Blind man files complaint against cab company

**Rights.** Saskatoon's Comfort Cabs accused of poor accommodation for service dog

After two unsuccessful mediation attempts, the Saskatchewan Human Rights Commission is investigating Mike Simmonds' complaint against Comfort Cabs in Saskatoon.

Simmonds charges that on three separate occasions this past fall, the taxi service was unaccommodating of his need to have a guide dog named Graham with him at all times.

"I've had apologies, (but) an apology doesn't correct the problem," said Simmonds. "What I've been asking for from the beginning is education and awareness."

This all began around the end of September, when Simmonds said he called a cab and was told he would have to wait for a pet-friendly vehicle.

He reported this incident the following morning and said he was assured "that all of their taxis are guide dog and service dog friendly."

However, in November he again called for a ride to the airport and said he was met with hostility from the driver, who



Mike Simmonds with his guide dog, Graham. Simmonds has filed a human rights complaint against Comfort Cabs for not being forthcoming in their accommodation of his service animal in their vehicles.

JACOB MORGAN/METRO IN SASKATOON

suggested Simmonds ask for a larger car.

While the driver accepted the fare, Simmonds said he could sense the tension, which he said he learned was due to "religious reasons."

Just a few days later, Simmonds said he was made to wait with Graham in the freezing cold one last time before he took the matter to the Human Rights Commission.

Cliff Kowbel, operations manager with Comfort Cabs,

said he could not find any evidence of mistreatment.

"Nobody refused him," said Kowbel.

At one point, Kowbel said that a gift certificate to any taxi service in the city was offered to Simmonds, but the olive branch was denied.

"I don't think we're going to offer him anything in the future," said Kowbel. "We're going to dig our heels in now and see what happens."

JACOB MORGAN/METRO IN SASKATOON

## Court. Groups accuse feds of breaking law, failing to protect at-risk animals

The federal government has violated Canadian law by failing to protect endangered species, a coalition of environmental groups told a Federal Court judge on Wednesday.

The groups say the environment and fisheries ministers have "unlawfully" delayed final recovery strategies for four critically endangered species well past mandatory deadlines set out in the federal Species At Risk Act.

The coalition wants the judge to declare the delays "unlawful" and order those recovery plans.

The court action filed by Ecojustice on behalf of the Wilderness Committee, Sierra Club, David Suzuki Foundation, Greenpeace and Wildsight, cites the Pacific humpback

## Quoted

**"We're not (talking) about a minor or technical breach of the statute. We're not here a week or two after the deadlines have passed. We're here four or six years ... after the mandatory deadlines."**

Sean Nixon, lawyer for Ecojustice

whale, the Nechako white sturgeon, the marbled murrelet and the southern mountain caribou.

At the time the lawsuit was filed in late 2012, the final recovery strategies for these four

species were four to six years overdue.

Last fall, Fisheries Minister Gail Shea published a final recovery strategy for the Pacific humpback whale.

In December, the ministry published a draft recovery strategy for the Nechako white sturgeon and the draft plan for the murrelet was published on Tuesday, the eve of the hearing.

A lawyer for the federal government said Wednesday the environment minister commits to publishing a draft strategy for southern mountain caribou by Jan. 17.

In written submissions, government lawyers argued that with the publication of the final and draft recovery plans there is no remaining dispute.

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# Rodman serenades North Korean leader

**Basketball diplomacy.** Former NBA player hopes to build connections with North Korea through the sport

Dennis Rodman sang Happy Birthday to North Korean

leader Kim Jong-un before leading a squad of former NBA stars in a friendly game Wednesday as part of his "basketball diplomacy" that has been criticized in the United States as naive and laughable.

Rodman dedicated the game to his "best friend" Kim, who along with his wife and other senior officials and their wives, watched from a special seating area. The cap-

acity crowd of about 14,000 at the Pyongyang Indoor Stadium clapped loudly as Rodman sang a verse from the birthday song.

Rodman said he was honoured to be able to play the game in the North Korean capital and called the event "historic." Some members of the U.S. Congress, the NBA and human rights groups, however, say he has become a

public relations tool for North Korea's government.

The government's poor human rights record and its threats to use nuclear weapons against rival South Korea and the United States have kept it a pariah state. Kim shocked the world in December by having his uncle, once considered his mentor, executed after being accused of a litany of crimes includ-

ing corruption, womanizing, drug abuse and attempting to seize power.

Rodman, 52, has refused to address those concerns while continuing to forge a relationship with Kim, whose age has never been officially disclosed. The government did not say how old he turned Wednesday but he is believed to be in his early 30s.

THE ASSOCIATED PRESS



Dennis Rodman sings Happy Birthday to Kim Jong-un.

KIM KWANG HYON/THE ASSOCIATED PRESS

## Solar flare. Sun delays space station supply run

A strong solar storm is interfering with the latest supply run to the International Space Station.

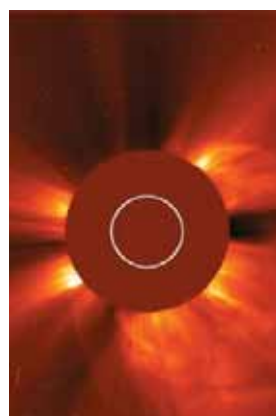
On the bright side, the orbiting lab has won a four-year extension, pushing its projected end-of-lifetime to at least 2024, a full decade from now.

"This is a big plus for us," said NASA's human exploration chief, Bill Gerstenmaier.

On Wednesday, Orbital Sciences Corp. delayed its space station delivery mission for the third time.

The company's unmanned rocket, the Antares, was set to blast off from Wallops Island, Va., with a capsule full of supplies and science experiments, including ants for an educational project. But several hours before Wednesday afternoon's planned flight, company officials took the unusual step of postponing the launch for fear solar radiation could doom the rocket.

Orbital Sciences' chief



In this Tuesday image, a giant cloud of solar particles explodes off the sun, which is obscured to show the atmosphere around it.

ESA/NASA-SOHO/THE ASSOCIATED PRESS

technical officer, Antonio Elias, said solar particles might interfere with electronics equipment in the rocket and lead to a launch failure.

THE ASSOCIATED PRESS

### Taking the plunge

#### Giffords skydives to commemorate third anniversary of shooting

Gabrielle Giffords, the former congresswoman severely injured three years ago in a mass shooting, has made an impressive recovery, learned to walk again and founded a national political organization. On Wednesday, while others gathered for bell-ringing and flag-raising ceremonies, she marked the anniversary by skydiving. Gifford waved and blew kisses to a crowd at a skydiving site between Phoenix and Tucson after landing without injury. She described the jump as a wonderful experience.

THE ASSOCIATED PRESS

### Insane Clown Posse

#### Rap-metal duo sues U.S. Justice Department

The Insane Clown Posse sued the U.S. Justice Department on Wednesday over a 2011 FBI report that describes the rap-metal duo's devoted fans, the Juggalos, as a dangerous gang, saying the designation has tarnished reputations and hurt business.

The American Civil Liberties Union filed the lawsuit in Detroit federal court on behalf of the group's two members, Joseph Bruce, or Violent J, and Joseph Utsler, or Shaggy 2 Dope. It also names four fans as plaintiffs. THE ASSOCIATED PRESS



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## Road safety. U.K. survey shows many men have fallen asleep at the wheel

Driving tired carries similar risks to driving drunk, but, according to a new British survey, sleeping at the wheel is common, with men being by far the worst offenders.

In the survey of 1,000 drivers, British road safety charity Brake found that 45 per cent of men admitted "microsleeps" of up to 30 seconds while driving. The figure for women was 22 per cent. A further 14 per cent of male drivers have slept for longer periods behind the wheel, while just two per cent of women had done the same.

An estimated one-in-six fatal road crashes result from tiredness. These typically involve vehicles veering off the road or a driver failing to brake.

"Men are much more likely to take risks at the wheel, such as setting off on journeys without enough sleep, or trying to push through if they feel drowsy," Ellen Booth, senior

campaigns officer at Brake, told Metro. "We see this trend across the board when it comes to road safety."

Booth believes "cultural and biological" factors explain why men take more risks. More than 90 per cent of those convicted for dangerous driving in Britain are male, while a recent U.S. study found that men caused 80 per cent of crashes. Researchers are concerned that tiredness is adding to the trend.

Brake is calling for more education to ensure that drivers sleep enough and take regular breaks, as well as an audit of roads to guarantee rest areas. In the U.S., the state of New Jersey has gone further by making it a criminal offence to drive tired.

Another possible solution may come from technology, with devices in development that aim to keep drivers awake. **KIERON MONKS/METRO WORLD NEWS IN LONDON, U.K.**



According to a new British survey, sleeping at the wheel is common, and men are by far the worst offenders. ISTOCK

# N.B. train derailment under investigation

**'We don't have a lot of information.'** About 150 evacuated as fire, smoke billow from wreckage and officials assess damage

Investigators were interested in the brake system and a broken axle on a CN freight train carrying crude oil that derailed in northwestern New Brunswick on Tuesday, as the railway company said Wednesday a fire that's been burning since it left the tracks was under control.

CN president Claude Mongeau described the fire as a controlled burn that is normal after a derailment involving cars carrying petroleum products.

He said 17 of the train's 122 cars derailed near Wapske and five of them were carrying crude oil from Western Canada that was destined for an Irving Oil refinery in Saint John, N.B. Four other cars were carrying liquefied petroleum gas.

"We don't have a lot of information; we are assessing as we speak," he told a news conference in nearby Plaster Rock.

"The fire is our first priority at the moment. We have the equipment, we have the people and we have all the



Derailed train cars burn in Plaster Rock, N.B., Wednesday. TOM BATEMAN/THE CANADIAN PRESS

procedures in place to deal with it in a safe manner."

Late Wednesday, the company said two of the cars carrying liquefied petroleum gas and one car carrying crude oil were on fire. New Brunswick's Emergency Measures Organization said there have been no injuries and the number of people affected by an evacuation has climbed from about 60 to 150 people.

The regularly scheduled freight train ran into trouble about 150 kilometres northwest of Fredericton at about 7 p.m. Tuesday.

CN spokesman Jim Feeny said the only people on board

### Quoted

**"Goods move every day, whether that be by roads or by rail, pipelines or by air. There are always risks."**

New Brunswick Premier David Alward

the train — the conductor and engineer — have provided statements, but he wouldn't reveal what that they said. He added that no one was injured.

The federal Transportation Safety Board has sent investigators to the scene and based on preliminary information from the company and the RCMP, it said the train's brakes came on unexpectedly.

"The preliminary details that we received indicate that while the train was proceeding it had experienced an undesired brake application," Daniel Holbrook, manager of head office and western regional operations for the safety board, said from Gatineau, Que. "The train then came to a stop."

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# Facebook gets thumbs down in Canada

## Losing fans.

We are not all liking the social media network these days, survey finds

Facebook may be the world's biggest social network, and particularly popular in Canada, but there are still plenty of Canadian holdouts who

refuse to join or have logged off permanently, suggests recently released research.

One in three Canadian Internet users told pollsters that they did not use Facebook in the previous month, according to a report by the Media Technology Monitor, based on telephone surveys with more than 4,000 Canadians last spring.

Of them, 14 per cent said

they used to have a Facebook account but quit, 16 per cent said they're technically still a member but rarely use the site and 70 per cent said they never joined at all.

Younger non-Facebook users were more likely to have abandoned their profiles.

Poll respondents between 18 and 24 who said they weren't using Facebook

were 10 times more likely to have dropped their account, rather than having never signed up in the first place.

When poll respondents were asked why they quit Facebook, the most common response was they didn't find the site useful, followed by privacy concerns and a lack of time to engage with the site.

THE CANADIAN PRESS



Canadians are not giving Facebook a thumbs up lately. GETTY IMAGES FILE



## Read your own mind

International Consumer Electronics Show attendees experiment with the Muse brain-sensing headband Wednesday in Las Vegas. The headband measures brain activity, which the user can see on a mobile device to help manage stress and different emotional states of mind.

JULIE JACOBSON/THE ASSOCIATED PRESS

### Market Minute



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**GOLD**  
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Natural gas: \$4.19 US (-\$0.14)  
Dow Jones: 16,462.74 (-68.20)

## It's time to take the conversation upstream.

Healthy forests are nature's sponges. They are the best insurance against future floods. Southern Alberta's land use plan must do more to protect our headwaters from road building and clear-cut logging. You have until January 15th to tell the Premier what you think.

[premier@gov.ab.ca](mailto:premier@gov.ab.ca)

Have your say. Visit [www.y2y.net/upstream](http://www.y2y.net/upstream).

photo credit: Ray Wong (left),  
Stephen Legault (right)

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# OWN THE IRRATIONAL REACTION

It's almost time for the Olympics, which for many people is the only time they care about sports aside from hilarious ball-to-the-groin videos on YouTube.

That means some of you might have felt adrift this week as Canada announced its Olympic hockey team, an event that left hockey fans buzzing like my 20-year-old fridge.

Everyone likes to cheer for their country, but if you're not obsessed with hockey the rest of the time, then joining the heated conversations at home and the workplace can be tricky.

To help, I've compiled this primer for newbie Olympic hockey watchers about what they should say during the tournament to blend right in:

## What to say during Olympic hockey:

The No. 1 rule to remember is that there can be no



HE SAYS

**John Mazerolle**

metronews.ca

rational analysis of a world hockey tournament.

Canadian hockey history is rife with late, one-goal victories that somehow taught us that Canada is an unstoppable, dominant force in world hockey. It's also replete with shootout losses and other hard-fought defeats that taught us our national hockey program is a disaster that must be burned to the ground.

There is no middle ground, even if the outcome of the game came down to random chance.

Remember this when the games start. You might feel nervous about complicated discussions about matchups, statistics, etc., but those are just a smokescreen of

facts that hide the three irrational pillars of hockey discussion: momentum, heart and clutch.

These might sound like intangible nonsense that would be impossible to measure or even ascertain, but

shut up.

**Wrong:** "These are two evenly matched teams and there is no discernible momentum."

**Right:** "Whichever team has most recently scored 'has all the momentum.'"

**Wrong:** "It's overtime, so it's going to come down to random chance as two teams give it their all."

**Right:** "It's overtime, so it's going to come down to which team has the most heart."

**Wrong:** "I bet Sidney Crosby wins it because the highest scoring player is the player most likely to score now too."

**Right:** "I bet Sidney Crosby wins it because he's so clutch."

And that's how to speak like a true hockey fan.

One last lesson: If you come across a newspaper columnist or other unpatriotic liberal who questions any of these truisms, your surefire response is to say, "Clearly you've never played the game," and then walk away. With that sort of momentum, you could be a TV hockey commentator in no time.

Assuming, of course, that you're clutch.

## ZOOM

# Dark clouds hanging overhead



ULETIFANSASTI/GETTY IMAGES

## Volcano erupts in Indonesia, again

Mount Sinabung spews pyroclastic smoke, seen from Sibintun village on Wednesday in Karo District, North Sumatra, Indonesia.

The number of displaced people has increased to 22,000 in Western Indonesia as Mount Sinabung continues

to spew ash and smoke after several eruptions since September. Eleven deaths have now been recorded as a result of the eruptions, with hundreds more falling ill. Officials expect the number of evacuees to rise as volcanic activity remains high.

Sinabung had lain dormant for 400 years before a re-awakening eruption in 2010.

Sinabung is one of nearly 130 active volcanoes in Indonesia that straddle key tectonic fault lines known as the Pacific Ring of Fire.

The deadliest eruption in recent years was of Mount Merapi in 2010 near the densely populated city of Yogyakarta, which killed 350 people.

GETTY IMAGES



A man wears a plastic bag to cover his head after his village was smothered by ash. GETTY IMAGES

## Clickbait



**HANNAH ZITNER**

hannah.zitner@metronews.ca

Health, wellness and wearable tech are colliding in full force at this year's Consumer Electronic Show, with a healthy portion of products geared toward the digitally-inclined fitness diehards. Look out Fitbit and FuelBand, there are some new kids on the starting block.



CONTRIBUTED

## Sculpt Aim:

Knowing how many clicks you've run and calories you've burned is just part of the health equation. Knowing the effects of your hard work is the other. Press this phone-size gadget to your freshly pumped muscles to get an instant (and accurate, they say) reading of your body composition.

## Tinke:

Again, for those beyond measuring simple kms and cals, Tinke reads heart rate, blood oxygen levels and respiratory rate with just the tap of your thumb (accuracy may be questionable on this one).

## Bracelets:

LG, Sony, Razer and even Intel have launched fitness tracking bracelets, all taking various metrics of your activities which connect to varying degrees with your smartphone.

## Twitter



freezer in their beach wear

**@metropicks asked:**  
**@jimmykimmel** dumped snow on L.A. beach goers who bragged about the warm climate. What is a suitable penalty for bragging?

**@adam\_rizk:** A big enough star he could've had a following to Sequoia, Yosemite mountains & left them there LYAO!

**@yelpcalgary:** Ha. Californians are just jealous of our awesome touques.

**@sarahmeaghang:** They should have gotten "face-washes"

**@ehbsea:** One hour in a walk in

**Follow @metropicks and take part in our daily poll.**

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# Wanna get crazy? Visit the High Performance Rodeo

**Motto.** 'There's something wild here for everyone,' says festival curator Michael Green



**BACKSTAGE PASS**  
Lisa Wilton  
calgary@metronews.ca

The High Performance Rodeo is one of Canada's longest-running and most influential international performing arts festivals.

One of the secrets to its success, says festival curator Michael Green, is its ability to please those with more mainstream tastes while also appealing to fans who want to be intellectually challenged by new and experimental work.

"One of our mottos is, 'There's something wild here for everyone,'" he says.

"If all you're looking for is entertainment, well, we're not the only people out there doing it. But if you're looking for something wild, then this is the place."

Presented by One Yellow Rabbit theatre company, the High Performance Rodeo has come a long way from its anarchic beginnings holding experimental shows in small, so-called illegal venues 28 years ago, to a much-anticipated annual winter arts event attracting thousands. Green has been with the festival since its incep-



U.K.-German performance group Gob Squad's Kitchen is one of the highlights of this year's High Performance Rodeo, which runs through Feb. 1. CONTRIBUTED

tion and says he's still excited to see how it continues to develop with an increasing number of local theatre companies, dance groups and art galleries wanting to collaborate on HPR shows.

"The challenge comes in finding something that's an ideal opportunity to share," he says, adding that working with such theatre groups as Alberta Theatre Projects, Theatre Calgary and Lunchbox Theatre allows HPR to expand its audience while letting those companies push their own creative boundaries.

In order to create a lineup

that inspires and resonates with audiences, Green, armed with a checklist, takes in several other festivals and productions across Canada and Europe. "When I read that list at the end of the year, it's not hard to tell the difference between something that resonated and something that didn't," he explains.

"That's what I'm looking for. You're left with a pool of things that resonated, but you can't present them all. So it becomes like a jigsaw puzzle. It's not just shapes that are fitting together. It's flavour.

"Then it becomes a bit

## Details

• **When.** The 2014 High Performance Rodeo runs Jan. 9 through Feb. 1 at various venues in and around the Epcor Centre for the Performing Arts.

• **Tickets.** For passes and more information, go to [hprodeo.ca](http://hprodeo.ca).

• **Highlights.** One Yellow Rabbit's Munich Now, Bruce McCulloch's Young Drunk Punk, the hilarious culture-clash comedy Brimful of Asha by Toronto playwright Ravi Jain, and the Warhol-esque Kitchen from U.K.-Germany company Gob Squad.

like choosing what you're going to put on a smorgasbord for friends. You know a lot of people are going to enjoy this dish, so we better make sure there's a lot of seats available

and a lot of shows.

"At the same time you have to have those anchovies that not everyone is going to like, but it won't be an interesting feast without them."

# 2 SCENE



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## Divorce Corp. Doc reveals the messy business of breaking up a marriage

"The biggest single reason for divorce in (the U.S.) is marriage," divorce attorney Gerald Nissenbaum says at the outset of the new documentary, *Divorce Corp.* But the film's narrator, Dr. Drew Pinsky, tells Metro that attitude is "cynicism I'm trying to undo."

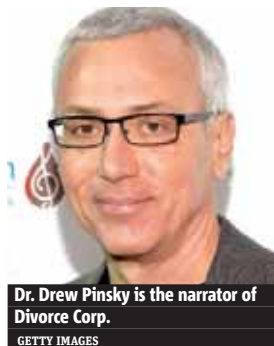
"We need sustained, committed, healthy, regulated, happy relationships over long periods of time to raise stable adults," argues Dr. Drew, who described *Divorce Corp.* as an in-depth profile of the "unbelievably dysfunctional" divorce industry.

Though known to many for his work as an addiction specialist, Dr. Drew says tackling divorce wasn't too far-fetched a career move for him because it furthers his commitment to "championing stable and healthy relationships."

And once exposed to the material — like the fact that more money passes through family law court than all other U.S. courts combined — he was taken aback.

"There is this self-serving industry that really has very little interest in the individuals who are getting divorced," he says, adding that the business of splitting up "incurs lying and fighting" and encourages unethical practices, like dragging out cases so that lawyers and judges can profit off them much longer than necessary. According to the film, attorneys, who can charge upward of \$500 per hour, are many times in cahoots with presiding judges, which means fairness often takes a backseat to cronyism.

"The judges themselves are deeply, in inappropriate ways, involved," Dr. Drew says. "I mean, if this was a medical



Dr. Drew Pinsky is the narrator of *Divorce Corp.*

GETTY IMAGES

### Quoted

**"There is this self-serving industry that really has very little interest in the individuals who are getting divorced."**

Dr. Drew Pinsky

system, there'd be people in prison. We're not allowed to do anything like that."

So how can these people get away with their practices? Divorce courts are courts of equity, not courts of law, so constitutional rights aren't always held up. That means if you can't afford an attorney, you won't get one.

Dr. Drew says that the industry wasn't established with malicious intent, but it's "played out this way and it needs reform." He's hopeful that at the least the film will inspire conversation about what that reform could look like. And it seems some people are catching on: victims of family court and high-profile attorneys like Gloria Allred speak up in the film about shady practices.

MEREDITH ENGEL/MWN

# Meryl on playing a malevolent matriarch

**August: Osage County.** Streep says she wasn't up for being the villain at first

MATT PRIGGE

Metro World News in New York

August: Osage County is an ensemble film, with big-name actors crowded into every inch of the screen. But most of the attention has drifted, inevitably, toward its matriarch, not the least because she's played by Meryl Streep.

As Violet Weston, whose dysfunctional family packs into her remote Oklahoma home in the wake of her husband's suicide, she's a pill-popping monster, short-tempered and prone to speak her mind, which is usually crammed with wicked thoughts she mistakes for tough truths. This may sound more fun than it is.

"As an actor, you're supposed to want to go to the house of pain over and over and over again," Streep explains. "But it's not something that's fun. I resisted doing this initially, because of that. I just thought, ugh."

While everyone who plays her daughters, including Julia Roberts, Juliette Lewis and Julianne Nicholson, got along swimmingly, she still felt her character's pain. "It wasn't the most joyous experience from my point of view," she says.

Adding to the tension was shooting while hurricane Sandy raged and the



Meryl Streep and Julia Roberts star in *August: Osage County*. CONTRIBUTED

presidential election occurred in the outside world. "It was important to make a connection beyond the set. Also, I was smoking non-stop, which really makes you feel s—."

She even felt a bit of jealousy, especially in comparison to Chris Cooper's far more likable brother-in-law. "He would imbue (his character) with his enormous humanity and compassion. And

I knew the audience would love him. And I knew they would hate me in equal measure."

She says one of the more upsetting scenes was the first one in the film, with her husband, played by Sam Shepard, before he kills himself.

"To look at him close up and see his loathing of me, that was really hard," she says. "You still think that maybe there's a spark of love

### Quoted

**"I resisted doing this initially because of that. I just thought, ugh."**

Meryl Streep on not wanting to play an evil mother in the film.

from this person who's gone through everything with you. And to look in his eyes and realize he'd rather be dead than look at you, that was brutal. That sort of set the tone for dealing with his death and everything afterwards."

This said, the play's source — by Tracy Letts, for which he was awarded the Pulitzer Prize — is still a comedy. "The humour's borne out of pain. But you still want your laughs. Every single actor came to the first reading with a copy of the original play in their back pocket, with their lines highlighted that had been cut." They even begged Letts, who adapted the play himself for the screen, to reinstitute key laugh lines.

And while the film, like the play, is more outsized in its grotesquery than most family get-togethers, it's still supposed to be, Streep assures, relatable. "It's like when you come together with your friends after Thanksgiving, and you say, 'I have to tell you what my mother said!' And you tell a story that was not funny when you were there, but in the telling it's fabulous. That's how you transform your life. Because if you can't laugh about this stuff..."

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# Bitten star sinks her teeth into female werewolf role

## Laura Vandervoort.

Actress talks about the nuances of a role traditionally reserved for men

Werewolves have been howling loudly at the spotlight in recent years through various films and TV series — Twilight, True Blood and The Mortal Instruments to name but a few.

But the sexy new supernatural thriller Bitten offers a rarely seen take on the moon monster mythology: a furry female lead.

The werewolf figure is well suited to women because both are “so affected by mother Earth and the cycles” and face societal pressures concerning image, says Laura Vandervoort, the Toronto native who stars as the four-legged fanged protagonist Elena Michaels.

“(Elena is) suppressing this animal inside of her and trying to just maintain this perfect facade, whereas her true self is in New York as this werewolf and just letting loose, and I think a lot of women have trouble being themselves,” she said in a recent telephone interview.

“So it’s interesting if you think about it from that perspective while watching it, that she’s trying to keep this perfect image.”

Vandervoort’s Elena is an orphan who grew up in the foster care system in the U.S. and became a werewolf when a professor with whom she fell in love (Greyson Holt) bit her to protect her.

In the series premiere, she’s working as a photographer in Toronto and trying to carry on a new life away from her wolf pack in upstate New York.

She gets sucked back into life with the pack, though, when a “random mutt” breaks the rules by killing humans for sport and her strong tracking skills are needed to catch the culprit.

Co-stars include Greg Bryk as pack head Jeremy,



Laura Vandervoort plays werewolf Elena Michaels in Bitten. CONTRIBUTED

Paul Greene as Elena’s unsuspecting boyfriend Philip and Michael Xavier as Elena’s therapist and fellow pack member Logan.

“It’s very Sopranos, True Blood,” said Vandervoort, who grew up in Toronto’s North York area and is the third cousin of acting great Gordon Pinsent.

“It’s an adult show and it’s about the relationships and not just the fact that we’re werewolves. It’s the family dynamic.

“It’s protecting your family at all costs. And if that means murder, as much as Elena hates who she is, you protect your pack.”

The Los Angeles-based Vandervoort, who’s twice made Maxim’s list of Top 100 hottest women, came to the series after playing key roles on series including

### Watch it

Bitten premieres Saturday at 9 p.m. ET on Space in Canada. The series is based on the New York Times bestselling Women of the Otherworld novels by Canadian Kelley Armstrong.

the Instant Star, Smallville and V.

With a second-degree black belt in Shotokan karate, she did “93 per cent” of her own stunts “except falling down the stairs.”

“It’s such a vast range for a female to get to play going to work every day and coming home and being exhausted but feeling like, ‘Wow, I did that and I didn’t think I was capable.’”

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Selena Gomez ALL PHOTOS GETTY IMAGES

## Gomez thought to be back in Bieber's arms after devastating diagnosis

Just why are Selena Gomez and Justin Bieber back to canoodling? Sources say it's because of Gomez's recent lupus diagnosis. "Justin reached out to Selena after she cancelled the tour," a Bieber insider tells Life & Style, referring to Gomez cancelling her 2014 Stars Dance

tour last month, reportedly after she got the diagnosis of the autoimmune disease. "He wanted to make sure she was OK and healthy. He cares about her a lot. I don't know if they'll get back together, but he wanted to see her and spend time with her."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Paul's got some party haul but this one was a real thriller

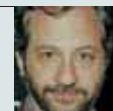
Aaron Paul has been to some impressive parties, but one sticks out particularly for the Breaking Bad star. "It was the Prince of Brunei's 25th birthday party. Six years ago, outside of London," he tells Details magazine. Paul, who attended as another guest's plus-one, entertained himself by chasing sheep around the castle and breaking the Prince's hovercraft. He certain-

ly made an impression: "I was going back up to my room, and this guy grabs me and says, 'Hey, Prince Azim wants to see you in the library,'" Paul says. "So I go down there, and he's sitting on the couch with Michael Jackson, and me and Michael Jackson end up having this hour-long heart-to-heart about family and upbringings, and I remember, he just put his arm around my shoulder and said, 'You know, if you've had a rough childhood or not, it's all about forgiveness. Once you realize that, it's fine. Everything's fine.' And I'm like, 'Michael, you are absolutely right. Do you want to do a shot?' And he goes 'Sure!'"

### Twitter



**@kirstiealley**  
When someone says "It isn't you, it's me"...It's you



**@JuddApatow**  
How do I avoid this freaking stomach flu? I am not a big fan of multiple days of vomiting.



**@MarkDuplass**  
Milquetoast. Great word. Underutilized.



Jake Gyllenhaal

## Gyllenhaal's relationship with model 'fizzled out'

Jake Gyllenhaal has reportedly split up with model Alyssa Miller after six months of dating, according to Us

Weekly. "They fizzled out. It happened a while back — before the holidays. He's back on the scene," a source says. "Things were really good between Jake and Alyssa right up until he had to leave for L.A. to shoot a movie in the fall. Then the distance just really got to them." Reps for Gyllenhaal and Miller did not respond to requests for comment.

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# Every sharp shopper has a calendar in the closet

## Seasonal secrets.

Style expert Lilliana Vazquez shares tips on mapping out your 2014 shopping plan

ANDREA PARK

Metro World News

There is a right time and a wrong time to buy those shoes you've been eyeing, and even if you made a New Year's resolution to save money in 2014, that doesn't mean you have to sacrifice style. Lilliana Vazquez, style expert and author of *The Cheap Chica's Guide to Style*, shares her tips on planning a shopping schedule for the year and how you can save money on hot wardrobe staples with just a bit of good timing.

## January

### Winter coats and accessories

This frosty month is the perfect time to buy warm winter goods. "Whether it's a brand new coat, hats, scarves, gloves, boots or ski stuff, items get really marked down in January but in a city like New York, we'll probably still be wear-

### Leap on that LBD ASAP!

"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress."

Lilliana Vazquez

ing these until April," says Vazquez.

### Formal wear

"Anyone who was selling New Year's and holiday party stuff still has a lot of merchandise, so this is the best time of the year to buy a cocktail dress," says Vazquez. She added that it's an especially great time to save on anything sparkly or beaded.



## February

### Spring items

Believe it or not, February is a great month to buy spring items. Vazquez says though this is when stores get their first shipments of spring clothes, retailers will mark them down if no one is buying. "You can get new stuff marked down if it's really cold out," Vazquez says.

### Winter clearance

If you still need winter clothes, this is when winter gear is on final mark down. The merchandise will al-

ready be picked over, but it will be at its cheapest.

## March and April

### Shoes

Get a head start on summer shoe shopping in March and April, when the selection is the largest. Stores will offer some early markdowns, and those sandals you've had your eye on may be gone by May.

### Fitness gear

"A lot of (sneakers and fitness items) come in for the New Year's resolutions of people who say they're going to work out and then never do, so if you're a runner or gearing up for the summer, it's a great time to buy sneakers and fitness fashion items," says Vazquez. She added that this is when Lululemon fans can buy their favourite brand on deep discount.

## May

### Secondhand items

May is a big month for spring cleaning, which means that lots of people

are getting rid of their clothes and accessories, and one man's trash is another man's treasure, right? "A lot of people are cleaning out, so it's a good time to deal hunt in your neighbourhood," says Vazquez. "You can get vintage stuff and great shoes because they're making room in their closets for all new things."

## June and July

### Summer items

Fall items will be trickling into stores by now, which means you can find great deals on summer clothes and accessories. "You can get stuff you can get a lot of use out of, like shorts, rompers and sundresses — things that feel seasonal," says Vazquez.

### Swimsuits

Stores will still carry plenty of swimsuits, but they'll be marked down

### Thinking ahead

- **Summer's end** Vazquez called this "back-to-school summer leftover time." Inventory will be a mixed bag of summer odds and ends without much size availability, but this is when you can get the best deals on summer clearance items. Plus, you'll find discounts on new inventory during back-to-school and Labour Day promotions.

- **Baby, it's cold outside** November is a big shopping month with Black Friday and Cyber Monday. Vazquez says this is when she saves up for her big, pricey purchases like cashmere sweaters. "These deals I only splurge on once a year because I can wear them for a long time, so it's a great value proposition for my closet," she says.

### December's diamonds

Vazquez says that December is the last chance for retailers to grab customers for their year-end earnings reports, which means holiday sales abound. This is an especially good time to get "no size" gifts like hats, bags, gloves and scarves for friends and family.

by June and July. "You'll still wear them for another two or three months," pointed out Vazquez.

Lilliana Vazquez, author of *The Cheap Chica's Guide to Style*. GETTY IMAGES



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# Southern classic, without the fat

"Pork chops in onion sauce is a Southern classic, but often it is swimming in too much fat," write the Weight Watchers folks in the book Weight Watchers 50th Anniversary Cookbook of this Skillet Pork Chops with Onion Gravy recipe.

"We gave the dish a healthy makeover that retains all the great flavour but

with a mere one teaspoon of oil. Think of it as comfort food that you can really feel comfortable with!"

1. Sprinkle the chops with the salt and pepper. Heat a large nonstick skillet over medium heat. Swirl in the oil, add the chops and cook, turning occasionally, until browned, about 5 minutes.

Transfer to a plate.

2. Add the onions, 1/4 cup of the broth, and the garlic to the skillet. Bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the onions are very tender, 12-15 minutes.

3. Sprinkle the onions with the flour; cook, stirring

constantly, 1 minute. Add the remaining 1 cup broth, mustard, and thyme. Bring to a boil, stirring until the sauce bubbles and thickens. Return the chops and any accumulated juices to the skillet. Reduce the heat and simmer, uncovered, until the chops are heated through, 2-3 minutes.

FOR MORE WEIGHT WATCHERS RECI-



This recipe serves six. One chop with 1/4 cup sauce contains 253 calories and 11 grams total fat.

PES, PLEASE VISIT WEIGHTWATCHERS.CA/FOOD. RECIPE AND PHOTOS REPRINTED FROM WEIGHT WATCHERS

50TH ANNIVERSARY COOKBOOK © 2013 WEIGHT WATCHERS INTERNATIONAL, INC. ALL RIGHTS RESERVED.

## Ingredients

- 4 (6-oz) bone-in pork loin chops, trimmed
- 1/2 tsp salt
- 1/4 tsp ground pepper
- 1 tsp olive oil
- 2 sweet onions, thinly sliced
- 1 1/4 cups reduced-sodium

- chicken broth
- 2 garlic cloves, minced
- 2 tsp all-purpose flour
- 1 tsp whole-grain Dijon mustard
- 1 tbsp chopped fresh thyme

## Cookbook of the Week

Get excited about eating healthy



Weight Watchers cookbooks are trusted by anyone who is excited about cooking delicious, healthy food.

This latest offering serves up more than 280 favourites that have been updated, and features fresh ingredients, how-to tips, Weight Watchers lore, and nutritional info and PointsPlus values for the newest program, Weight Watchers 360°.

Among the dishes included are Cajun Catfish, Cheese Puffs, Lamb Kebobs and more.

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# Print yourself some new furnishings

**Technology.** A novelty once reserved for sci fi, 3-D printing has now gone mainstream

Looking for that perfect light for your home office? A new chair or coffee table? You might try making it yourself, at home, with just the click of a button.

3-D printing, a novelty once reserved for science fiction, is going mainstream thanks to cheaper, more accessible technology.

The printers, which now cost as little as \$300, use lasers to blast out layer upon layer of plastics or other materials, forming 3-D objects.

And if you don't have the time, money or inclination to invest in a 3-D printer of your own, there are hundreds of websites selling lights, coasters, sculptures, furniture and even wallpaper crafted by 3-D printers.

New York-based Shapeways, for example, allows users to make, buy or sell three-dimensional designs. Products include a delicate, twig-like egg cup for \$8 and a lamp that looks like a nuclear mushroom cloud for \$1,389.

"We are consistently amazed by the incredible uses

our customers find for these materials," says Alex English, owner of the 3-D printing plastics retailer ProtoParadigm.

Following are just some of the decor items you can buy or build with 3-D printing:

## Lighting

Among the most popular — and dramatic — 3-D products for the home are lights, whether ceiling pendants, table lamps or floor lamps.

Belgium's .MGX by Materialise, a pioneer in 3-D printing, is known for museum-quality, futuristic designs. Among the most popular is the Bloom table lamp (about \$2,600 US), a flower-bud inspired design with joints that you can expand or collapse to release or contain light, says marketing manager Katrien Vandenplas.

Shapeways offers dozens of lamps created by some of the site's more than 11,000 "shop owners," or designers. The honeycomb-inspired Veroni lampshade, for instance, costs as little as \$15 US and comes in a variety of colours and materials ranging from the standard plastic to raw metal and steel.

## Wall hangings

Statement pieces for your walls run the gamut in the 3-D printing world.

Shapeways' ethereal Whales (\$48) lends modern sophistica-



These photos show products from .MGX, the design division of Belgium-based 3-D printing company Materialise. Left, a Fractal.MGX coffee table by WertelOberfell, made from brown epoxy resin, was designed to echo the growth patterns of trees. Right, the Russula.MGX table lamp by Arik Levy takes its name and shape from a mushroom. MGX BY MATERIALISE

tion with its airy rendition of two swimming whales crafted from white plastic. They almost seem to spring off the wall.

Florida-based Proton 3D Studio offers a little kitsch with a pop art-like plastic Pi symbol (\$21) and the word "geek" crafted in orange plastic script lettering (\$24).

Sweden's Kredema Design has one of the more off-the-wall home-decor products: a three-dimensional wallpaper that rolls out away from the wall to form shelves, magazine holders and even lampshades. Made from sheets of acrylic and wallpaper, the Off the Wall collection is available by special order only.

## Accessories

From picture frames to vases and even planters, you can design or find just about anything home-related using 3-D printing technology.

Shapeways recently added glazed ceramic to its list of materials, making it possible to craft personalized plates, mugs, salt and pepper shakers, and other items for the table.

Blogger and tech consultant Michael Sitver designed some personalized coasters in about 90 minutes using 3-D CAD software called Autodesk Inventor. He printed them up at Shapeways' website.

## Online sources

- **Shapeways:** shapeways.com
- **.MGX by Materialise:** mgxbymaterialise.com
- **ProtoParadigm:** protoparadigm.com
- **Proton3D Studio:** etsy.com/ca/shop/proton3D
- **Kredema Off the Wall:** kredema.se/offthewall



The Volume.MGX lamp by Dror expands from a flattened position to create a shape which, when lit, provides both a bright, warm glow in its centre and a cooler, darker feeling around its edges.

"This is a great project for beginners," says Sitver, of Weston, Conn., "because designing it doesn't take too much work, but it helps beginners get acquainted with the tools involved and the process." He calls his new coasters a "wonderful conversation piece."

## Furniture

It might sound like a tall order, but it's possible to craft tables,

chairs and other furnishings with 3-D printers as well.

They're not cheap though, at least not yet.

A day bed crafted from white nylon plastic will run you nearly \$20,000 on Shapeways, while .MGX by Materialise offers several chairs, stools and tables that look more like works of art than somewhere to sit. They also run into the thousands of dollars.

But there's a lot that's still possible with this burgeoning technology, especially as it gets cheaper and more accessible.

"When kids are exposed to this technology, they don't even blink an eye when something is printed," Vandenplas says. "When they are older, 3-D printing will fit into their lives much like the Internet and smartphones fit into our lives today." **THE ASSOCIATED PRESS**

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# Big, bold design trends for the new year

This year brings big changes on the home decor front. We'll say goodbye to espresso wood and cool grey colours while welcoming lighter woods, warmer walls and coloured, artful rugs. These trends will hold strong for a few years, so keep them in mind for future decorating projects. Here are four key ones worth investing in over the next year and beyond.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

## Lighter wood tones

Goodbye dark espresso wood tones and hello lighter, natural oak. No, not the honey-golden oak from the '80s: think grainy, raw oak with a simple coat of wax. Pagan's Dance brushed, engineered wide plank flooring, \$13.75 per square foot, kentwoodfloors.com.



## Warmer paint colours

The new neutral is platinum. Think grey with a dollop of brown to warm it up. Looks great with almost every other colour. Escarpment CC-518, benjaminmoore.ca.

## Bolder, artful rugs

Go bold or don't bring it home. Art and rugs are going big and bold. It's time to wake up our spaces, so think of colourful rugs as artwork for the floor. Kashmir 8x10 orange wool rug, \$363, ecarpetgallery.com.



## Golden metal finishes

Metal tones are warming up, so go with polished gold for a luxe vibe or tarnished brass for a casual, industrial look. Graham Table Lamp, \$338, crateandbarrel.ca.

## GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. In this six month contract position, the right candidate will join Metro's dynamic and award winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web-based media are a definite asset.

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Graham & Brown's Virtue wallpaper in Pear, \$50 a roll through [grahambrown.ca](http://grahambrown.ca). COURTESY GRAHAM & BROWN

### Decor

## Good news for your walls

Renters, you're no longer bound to the generic white walls that came with your apartment. Graham & Brown's latest Element

collection from Superfresco Easy consists of six sweet nature-inspired designs that go on so easily, they claim even a kid can do it. So that means you plus three friends should have no problem covering your room, right?

Unlike traditional wall-

paper that requires glue, this easy-to-hang option is put up dry; you simply add paste to the wall. But the best part is that it's completely strippable and comes off in one piece — leaving your wall, and security deposit, intact.

**METRO WORLD NEWS**



Baseball

## Maddux, Glavine, Thomas heading to the Hall of Fame

Greg Maddux, Tom Glavine and Frank Thomas were elected to baseball's Hall of Fame on Wednesday, while Craig Biggio fell two votes short and tainted stars of the Steroids Era remained far behind.

THE ASSOCIATED PRESS

A ballot for the people



"I always like a little anarchy inside the cathedral we've made of sports."

ESPN host Dan Le Batard, who acknowledged Wednesday he gave his baseball Hall of Fame ballot to the website Deadspin because he detests the "hypocrisy" in the voting process. Le Batard confirmed he let Deadspin readers decide who he would vote for. Greg Maddux, Tom Glavine were on Le Batard's ballot, as was Craig Biggio.

UCI

## Independent panel looking into doping allegations

A three-man independent panel will investigate cycling's doping past, including allegations the sport's governing body colluded with Lance Armstrong.

UCI president Brian Cookson said Wednesday the commission will investigate allegations "that the UCI has been involved in wrongdoing in the past — allegations which have done so much to hurt the credibility of the UCI and our sport."

THE ASSOCIATED PRESS

# Time for Flames to extend catalysts



THE HOCKEY NEWS  
Brian Costello  
calgary@metronews.ca

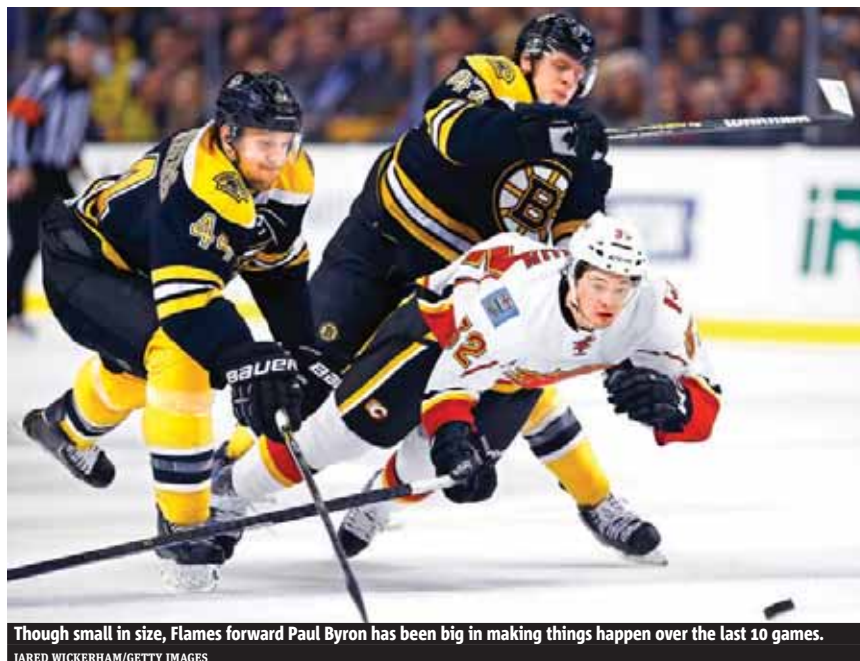
It was nice to see the Flames tie up a few loose ends and sign 2013 draft picks Emile Poirier, Morgan Klimchuk and Keegan Kanzig to contracts in recent weeks. They should keep the goodwill going and offer contracts to some pending UFAs.

While it's understood and accepted the Flames will soon trade Mike Cammalleri, Matt Stajan, Chris Butler and perhaps Lee Stempniak to the highest bidder, I'd like to see the team re-sign Kris Russell and Paul Byron.

Before getting hurt, Russell was a revelation growing into the mobile, crafty defencemen he never became in Columbus and St. Louis. Increased responsibility and partnering with Dennis Wideman matured Russell's game to the point where he became a vital 20-minute-plus defender with great on-ice vision and anticipation.

The fact he's not six-foot-four or a bone-crusher shouldn't be the reason Calgary doesn't retain him. Russell shows a great amount of truculence when it comes to blocking shots and the game has evolved to the point intelligent puck-movers are more in demand than blue-line thugs.

Make no mistake, Russell opened a lot of eyes league-wide in October and November and will be in demand as a free agent in July. Signing him now before he returns from



Though small in size, Flames forward Paul Byron has been big in making things happen over the last 10 games.

JARED WICKERHAM/GETTY IMAGES

Catching fire

Watching Byron play lately, it's hard to believe he didn't have eye-popping numbers in the AHL previous to this season.

injury would be a great vote of confidence that he's a valued commodity.

There's been a similar evolution with Byron, though in a smaller trial period. Yes, he's small, but he rushes the net hard, isn't shy about delivering hits and has been the best Flame forward the past 10 games at gaining the

offensive zone and making things happen.

Watching Byron play lately, it's hard to believe he didn't have eye-popping numbers in the AHL previous to this season. His marked improvement won't be a secret for long provided coach Bob Hartley continues to put him in positions to succeed.

At 24 with just 16 points in 52 career games, Byron has humble numbers but also the intriguing makings of a late bloomer. It's unfair to compare Byron to Martin St-Louis, but the vital and scoring stats are too strikingly similar to not mention.

Also height-challenged, St-Louis was 24 when the Flames let him go as a free agent in 2000. He had just 20 points in 69 career games with Calgary before signing with Tampa Bay.

Do the Flames need to be bigger and tougher? Yes, but not at the expense of speed, skill and vision.

4 SPORTS

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# Sochi won't be their first rodeo

## Canadian Cowboys.

Veteran skiers Hudec, Osborne-Paradis, Guay back in Olympic saddle after fixing 'all the bugs and the kinks'

Canadian skier Manuel Osborne-Paradis learned how it felt to compete on the sport's biggest stage during his Olympic debut in Turin eight years ago.

He learned about pressure and expectations at the 2010 Games in his hometown of Vancouver.

His next mission is to build on that experience at his next Olympic appearance in Sochi, where he plans to ride the momentum from the team's strong start to the season.

"In Vancouver there was a lot of prep but not very



Manuel Osborne-Paradis will anchor Canada's men's alpine team in Sochi.  
NATHAN DENETTE/THE CANADIAN PRESS

directed prep," he said Wednesday. "I think this year we've really fixed all the bugs and the kinks that we felt in Vancouver. Obviously there's not as much pressure, not being in Canada and being as far away (from) Canada as pretty much possible.

"I think the nerves are a lot more settled and hopefully we're able to direct the energy down the hill and not towards the media."

The veteran skier will anchor the men's alpine team at the Games along with Erik Guay of Mont-Tremblant, Que., and Calgary's Jan Hudec. The three "Canadian Cowboys" were officially nominated to the Sochi 2014 Olympic team Wednesday.

Some of their teammates still have a chance to join them in Sochi. The qualification window is open until Jan. 26 and the roster is expected to be finalized the next day.

Guay had the top Canadian result at the Vancouver Games, finishing fifth in the downhill and the super-G. Osborne-Paradis was 17th in the downhill and didn't finish the super-G, while Hudec didn't crack the top 20 in either discipline. **THE CANADIAN PRESS**



## Rockets, Dwight take flight

Dwight Howard of the Rockets goes up for a rebound with Nick Young of the Los Angeles Lakers on Wednesday in Houston. James Harden tied a season high with 38 points, Howard added 20 points and 13 rebounds and the Rockets used a third-quarter run to earn a 113-99 win over the Lakers. **SCOTT HALLERAN/GETTY IMAGES**

## NHL

### Flyers stay hot in Philly to stretch home streak to 10

From killing penalties to unlikely scorers, the Philadelphia Flyers are finding all kinds of ways to win at home.

Sean Couturier, Zac Rinaldo and Michael Raffl scored to lead the Flyers to their 10th straight home victory, 3-1 over the Montreal Canadiens on Wednesday night.

The surging Flyers returned home after a 5-1 trip that sent them to fourth in the Eastern Conference. Brushing off 1-7 and 4-10-1 starts to become one of the hottest teams in the NHL, they are 9-2 since Dec. 17 and have found new life under coach Craig Berube.

The Flyers haven't lost at home since Nov. 7 against New Jersey. They're on their longest home winning streak since they won 11 straight Oct. 27-Dec. 5, 2003. The Flyers have won all 10 in regulation, their longest streak without OT since 1985. **THE ASSOCIATED PRESS**

## Credit Card Authorization Assistant

Metro's Finance Department is looking for a Credit Card Authorization Assistant to join the Credit & Collections team. Reporting to the Credit & Collections Manager, the successful candidate will be responsible for ensuring that all payments made to Metro are correctly received and reported.

### PRIMARY RESPONSIBILITIES:

- Credit cards processing for Amex, MasterCard and Visa in Payfirma system for prepay ads
- Obtain credit card information from customers via telephone and Fax to process the cards
- Comply to PCI compliance rules
- Responsible to approve or Cancel prepay orders based on payment received 36 hrs prior to ad run date for western markets
- Follow up on customers prepay account outstanding with sales reps

### REQUIREMENTS OF THE POSITION:

- 2 to 3 years related experience
- Experience in working in web based programs
- Comprehensive knowledge of Microsoft Office, Excel and Word
- Customer Service Skills
- Ability to multi-task and work in a fast paced environment
- Detail oriented
- Flexible, independent, creative, efficient, entrepreneurial spirited rebel preferred

If you think you have what it takes for this position, send your resume and cover letter to [hr@metronews.ca](mailto:hr@metronews.ca) no later than **January 17th, 2014**. PLEASE QUOTE: "Credit Card Authorization Assistant" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.



## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	43	28	13	2	126	94	58
Tampa Bay	43	26	13	4	123	102	56
Montreal	45	25	15	5	115	106	55
Detroit	43	19	14	10	114	121	48
Toronto	44	21	18	5	122	132	47
Ottawa	45	19	18	8	129	145	46
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	45	32	12	1	147	107	65
Philadelphia	44	23	17	4	117	119	50
N.Y. Rangers	45	22	20	3	111	121	47
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
New Jersey	44	17	18	9	103	113	43
Columbus	43	19	20	4	117	126	42
N.Y. Islanders	45	16	22	7	124	149	39

#### Wednesday's results

Colorado 4 Ottawa 3 (OT)  
N.Y. Rangers 3 Chicago 2  
Philadelphia 3 Montreal 1  
**Tuesday's results**  
Anaheim 5 Boston 2  
Minnesota 2 Los Angeles 1 (SO)  
Nashville 3 San Jose 2  
N.Y. Islanders 5 Toronto 3  
Philadelphia 3 New Jersey 2 (OT)  
Phoenix 6 Calgary 0  
Pittsburgh 5 Vancouver 4 (SO)  
St. Louis 5 Edmonton 2  
Tampa Bay 4 Winnipeg 2  
Carolina at Buffalo (ppd., storm)  
**Thursday's games — All Times Eastern**  
Dallas at New Jersey, 7 p.m.  
Toronto at Carolina, 7 p.m.  
Florida at Buffalo, 7 p.m.  
Washington at Tampa Bay, 7:30 p.m.  
Anaheim at Nashville, 8 p.m.  
St. Louis at Calgary, 9 p.m.  
Minnesota at Phoenix, 9 p.m.  
Boston at Los Angeles, 10:30 p.m.  
Detroit at San Jose, 10:30 p.m.  
**Friday's games**  
Dallas at N.Y. Rangers, 7 p.m.  
Toronto at Washington, 7 p.m.  
Carolina at Columbus, 7 p.m.  
N.Y. Islanders at Colorado, 9 p.m.  
Pittsburgh at Edmonton, 10 p.m.  
St. Louis at Vancouver, 10 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	46	29	8	9	169	127	67
St. Louis	42	30	7	5	155	97	65
Colorado	43	27	12	4	127	111	58
Minnesota	45	23	17	5	108	114	51
Dallas	42	20	15	7	123	131	47
Nashville	44	19	19	6	105	131	44
Winnipeg	46	19	22	5	125	139	43

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	45	32	8	5	151	113	69
San Jose	44	27	11	6	144	114	60
Los Angeles	44	26	13	5	114	91	57
Vancouver	45	23	13	9	121	113	55
Phoenix	42	21	12	9	129	127	51
Calgary	43	15	22	6	100	137	36
Edmonton	46	14	27	5	119	161	33

**Note:** Two points awarded for a win, one point for an overtime or shootout loss.

### SCORING LEADERS

	G	A	Pt
Crosby, Pgh	24	41	65
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	20	29	49
Kunitz, Pgh	23	25	48
Thornton, SJ	5	43	48
Sharp, Chi	25	21	46
Perry, Ana	24	22	46
Backstrom, Wash	10	36	46
Malkin, Pgh	12	33	45
Toews, Chi	15	29	44
Ovechkin, Wash	31	12	43
Okposo, NYI	17	26	43
Marleau, SJ	20	22	42
Keith, Chi	3	39	42
Seguin, Dal	21	20	41

**Not including last night's games**

### NFL PLAYOFFS

#### DIVISIONAL PLAYOFFS

**Saturday's games — All Times Eastern**  
NFC — New Orleans at Seattle, 4:35 p.m.  
AFC — Indianapolis at New England, 8:15 p.m.  
**Sunday's games**  
NFC — San Francisco at Carolina, 1:05 p.m.  
AFC — San Diego at Denver, 4:40 p.m.

## NBA

### EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	7	.800	—
d-Miami	27	8	.771	1
Atlanta	19	17	.528	9½
d-Toronto	17	17	.500	10½
Washington	16	17	.485	11
Chicago	15	18	.455	12
Charlotte	15	21	.417	13½
Brooklyn	14	21	.400	14
Detroit	14	22	.389	14½
Boston	13	22	.371	15
New York	12	22	.353	15½
Cleveland	12	23	.343	16
Philadelphia	12	23	.343	16
Orlando	10	24	.294	17½
Milwaukee	7	27	.206	20½

### WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Oklahoma City	27	8	.771	½
Portland	26	9	.743	1½
d-L.A. Clippers	24	13	.649	4½
Houston	23	14	.632	5
Golden State	24	14	.632	5
Phoenix	20	13	.606	6½
Dallas	20	16	.556	8
Denver	17	17	.500	10
Minnesota	17	17	.500	10
New Orleans	15	19	.441	12
Memphis	15	19	.441	12
L.A. Lakers	14	22	.389	14
Sacramento	11	22	.333	15½
Utah	12	25	.324	16½

**d — division leaders ranked in top four positions.**

#### Wednesday's results

Toronto 112 Detroit 91  
Atlanta 97 Indiana 87  
Brooklyn 102 Golden State 98  
Houston 113 L.A. Lakers 99  
San Antonio 112 Dallas 90  
Washington 102 New Orleans 96  
Phoenix at Minnesota  
Orlando at Portland  
Boston at L.A. Clippers  
**Tuesday's late results**  
Denver 129 Boston 98  
Sacramento 123 Portland 119  
San Antonio 110 Memphis 108 (OT)  
Utah 112 Oklahoma City 101  
**Thursday's games — All Times Eastern**  
Miami at New York, 8 p.m.  
Oklahoma City at Denver, 10:30 p.m.



## Horoscopes

### Aries

March 21 - April 20

You will gain more by doing less today. Cut back on your workload or get friends to help you out. Better still, do both. There's no cosmic law that says you have to do anything at all.

### Taurus

April 21 - May 21

You will be inspired to give your best over the next 24 hours. Hold on to that positive, can-do attitude as long as you can — ideally until the moon is full seven days from now.

### Gemini

May 22 - June 21

Today you will know what is right and wrong, and which course of action you should be taking. If you choose not to take it, the consequences may not be to your liking.

### Cancer

June 22 - July 23

If someone whose judgment you trust urges you to really go for it today, you must act immediately. Too often in the past you have been too careful and missed out — now go to the other extreme and throw caution to the wind.

### Leo

July 24 - Aug. 23

It's a good day romance and if anyone is of the opinion that you lack passion, they will soon see the error of their ways. When a Leo gets fired up, the heat is enough to melt the coldest of hearts.

### Virgo

Aug. 24 - Sept. 23

You are enamored more by things than you are by people at the moment. There's nothing wrong with that but take care that your material desires don't detract from your relationships.

### Libra

Sept. 24 - Oct. 23

If you think all things are possible, you're right. But why make a battle of it when you have the charm to get what you want without a struggle? Or is that what you enjoy?

### Scorpio

Oct. 24 - Nov. 22

Let others know what you are willing to put up with and what will happen if they push their luck too far. There are times to be tactful but this isn't one of them. Be bold and, if necessary, be brutal too.

### Sagittarius

Nov. 23 - Dec. 21

Don't stay indoors and hide away. Get out into the world and show everyone what star quality looks like. You were born to be larger than life, so why are you peeking out from behind the curtains?

### Capricorn

Dec. 22 - Jan. 20

If you've fallen out with someone, it is the time to make up. That applies to all kinds of relationships but mainly to those of a personal nature.

### Aquarius

Jan. 21 - Feb. 19

You may think you can do as you please at the moment but you are kidding yourself and today's events will bring that fact home to you sharply. There are forces operating behind the scenes that limit your options.

### Pisces

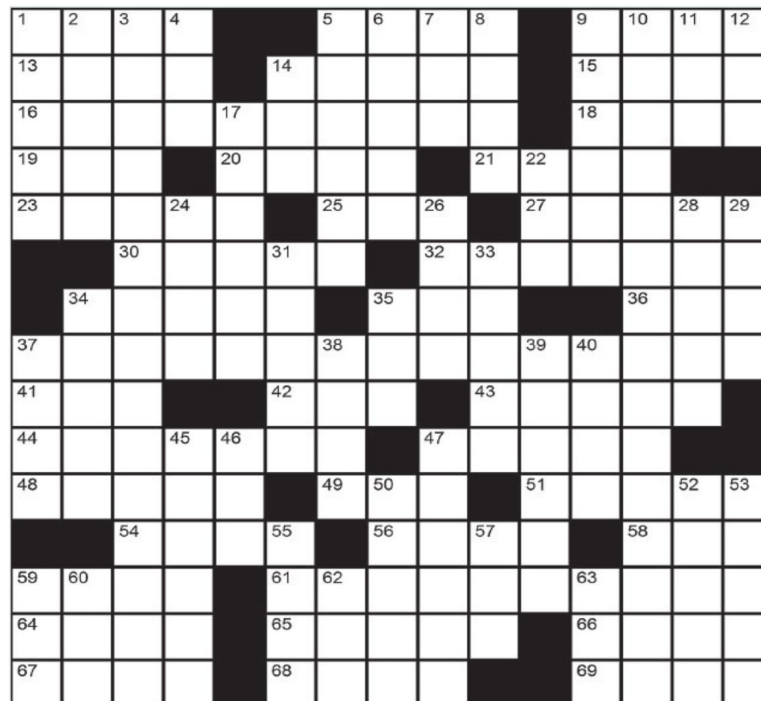
Feb. 20 - March 20

If someone wants to make a nuisance of themselves, let them. Most likely, they are hoping you will overreact. Treat them with the contempt they deserve — ignore them completely. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. ...seis, siete, ...  
5. Margaret Mitchell's epic book of '36  
9. Rabbit-style tail  
13. Scorch  
14. Medieval thigh armour, variantly  
15. #5-Across home  
16. It's currently underway in Russia: 2 wds.  
18. AD = \_\_ Domini  
19. Oxygen  
20. Robert Burns' 'old'  
21. Money obligation  
23. Mythological tree nymph  
25. Type of rally  
27. Get cut, do this  
30. American poet Sylvia  
32. Port \_\_, BC  
34. Russian river  
35. Orlando's l'il state  
36. Implore  
37. Cultural attractions in Ottawa: 2 wds.  
41. Meal scrap  
42. '90s album: 'A Boy Named \_\_'  
43. Grocery section  
44. Canadian actress Wendy  
47. Outrageous interest rate  
48. North or South country  
49. Practically forever  
51. Canadian measurement  
54. Soaks flux  
56. Bon Jovi's Mr.



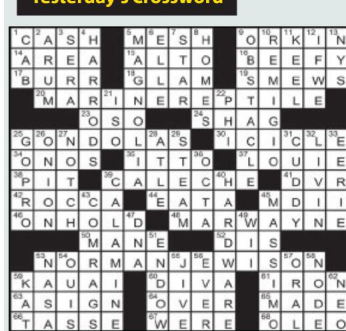
- Torres  
58. "Take on Me" band  
59. Vancouver-born broadcaster, \_\_-Yin Lee  
61. Billboard toppers: 2 wds.  
64. Pottery-firing furnace  
65. Classic theatre

66. Give out  
67. \_\_ 'Orleans, Quebec  
68. Get a paycheck  
69. Ptolemy's pursuit, puny-ly  
**Down**  
1. Group of eight  
2. Church singing group  
3. It put Daniel Radcliffe on the map: 3 wds.  
4. Legendary monster  
5. 'G' of Ontario's U of G  
6. Actress Olivia  
7. Airport screening org.  
8. Colin James' " \_\_ You Lie"

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

26. Warm climate tree  
28. " \_\_ of the State" (1998)  
29. Makes ground holes  
31. Sylvester Stallone/Kurt Russell movie, " \_\_ & Cash" (1989)  
33. Hails  
34. Writer of ancient Rome, Marcus Terentius \_\_  
35. "And \_\_, she don't know..."; Bit of The Supremes' "Back in My Arms Again"  
37. Arrow-to-bow-string groove  
38. Five-star  
39. Pink-fleshed fish, en français  
40. Emerald land  
45. 'Kiss Land': Album by Canadian artist The \_\_  
46. Took a chair  
47. Early Celine Dion song  
50. CC-138 Twin \_\_ (Search and Rescue aircraft of the RCAF)  
52. #5-Across' leading man  
53. Facilitator  
55. Cobbler's fixed thing  
57. NFL's Bengals, on scoreboards  
59. Do alpine-ing  
60. Pantry product  
62. Ms. Lupino  
63. "Today" rival, commonly

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

2	3	9	1	7	6	5	4	8
1	7	4	5	3	8	6	9	2
5	8	6	4	9	2	1	3	7
8	9	7	6	2	4	3	5	1
4	6	2	3	5	1	8	7	9
3	1	5	9	8	7	2	6	4
7	2	3	8	4	5	9	1	6
6	5	8	7	1	9	4	2	3
9	4	1	2	6	3	7	8	5

2	6	8	3	4	9
	9	2	5	7	
7				6	
		5	7		
5					8
		3	2		
9				3	
	3	6	4	8	
8	7	1	9	5	6

## Weather

### TODAY



MAX: 2°  
MIN: -6°

### FRIDAY



MAX: 3°  
MIN: -3°

### SATURDAY



MAX: 1°  
MIN: -4°



## ANDREW SCHULTZ METEOROLOGIST

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**WEEKDAYS 5:30 AM**



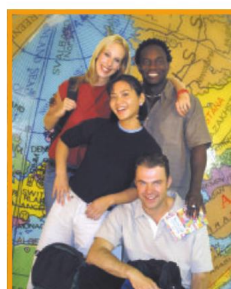
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